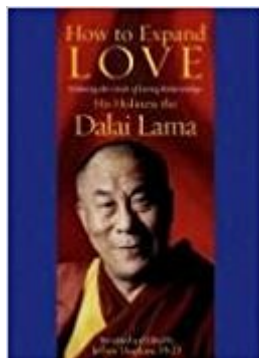


The book was found

How To Expand Love: Widening The Circle Of Loving Relationships



Synopsis

In *How to Expand Love*, His Holiness the Dalai Lama, winner of the Nobel Peace Prize, offers a simple yet illuminating program for transforming self-centered energy into outwardly directed compassion. Drawing on exercises and techniques established in Tibetan monasteries more than a thousand years ago, the Dalai Lama guides us through seven key stages. First, we learn ways to move beyond our self-defeating tendency to put others into rigid categories. We discover how to create and maintain a positive attitude toward those around us. By reflecting on the kindness that close friends have shown us we learn to reciprocate and help other people achieve their own long-term goals. And in seeking the well-being of others, we foster compassion, the all-encompassing face of love. In this accessible and insightful audiobook, His Holiness the Dalai Lama helps us to open our hearts and minds to the experience of unlimited love, transforming every relationship in our lives and guiding us ever closer to wisdom and enlightenment. --This text refers to an out of print or unavailable edition of this title.

Book Information

Hardcover: 212 pages

Publisher: Atria Books (June 14, 2005)

Language: English

ISBN-10: 0743269683

ISBN-13: 978-0743269681

Product Dimensions: 7.6 x 5.7 x 0.8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.7 out of 5 stars 21 customer reviews

Best Sellers Rank: #488,927 in Books (See Top 100 in Books) #67 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #562 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan](#) #2335 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

Customer Reviews

Continuing the literary work he began with *The Art of Happiness*, in this book, Tibet's revered spiritual teacher the Dalai Lama discusses the importance of giving and receiving love as the quintessential step to achieving a life of true happiness and fulfillment. In his characteristic direct and simple-to-understand fashion, the Dalai Lama offers guidelines and illustrative examples from his own life that instruct readers on how to move away from self-centered egotistic concerns and

habitual tendencies to rigidly judge and categorize others, in order to become more compassionate and accepting of everyone we encounter throughout the day. To assist this process, he also shares exercises and techniques that have been part of Tibetan Buddhist teachings for many centuries. By committing ourselves to becoming more compassionate and nonjudgmental about others, the Dalai Lama maintains, we are primarily benefiting ourselves, for the end result is one of open-hearted relationships capable of transforming all aspects of our lives and leading us ever closer to a life guided by the principles of wisdom and unshakeable joy. As with all of his writings, *How To Expand Love* is written in a simple yet elegant style, while imparting profound and powerful teachings that, if committed to, can lead to a realization of our true state of oneness with all of life. This is a very valuable book for today's fractious times. Larry Trivieri Jr.

In this simple primer on compassion and kindness, the Dalai Lama teaches that "if we really want happiness, we must widen the sphere of love." The book draws on many of the same principles found in His Holiness's other works, most notably *The Art of Happiness*, but it presents them in a seven-step process that is both practical and wise. Readers are encouraged to use the warm feeling they have for their best friends as a model of how they can regard all people and extend their circle of loving relationships to include others, even enemies. Then they can proceed to the next steps: developing a "heroic intention" to further their personal enlightenment, having compassion for the suffering of others and committing to a life of altruism. Although the last few stages of this plan can be blurry and indistinct, the overall effect is valuable. This is a generous and sensible road map to not-so-random acts of kindness. (July 6) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Written so beautifully and simply. If you don't know the Dalai Lama let this be the book that introduces you to him.

Learning about his teachings gives us a different perspective of life because he lives a lovable compassionate life in a world of war and hate. It's up to us to become a better person. Love and compassion is not something to question but to give and receive. I recommend any of his books. Thank you Dalai Lama for sharing your experiences with us.

This is a repeat buy because I have loaned my copy out so many times and it needed to stay with the last recipient.

Take your time reading this book. Do the exercises suggested. You might need to take a year with one of the meditations generously offered by His Holiness. And watch your life change and your love expand. Amazing. True. On the mark.

Intellectually stimulating and at the same time practical.

Like all his books, excellent

The philosophy gets right to the core of what it means to be a human being and HH the Dalai Lama delivers the written message clearly and in an easy to read format as if it were a dialogue.

I truly appreciate The Dalai Lama's perspective on life and love. His writings always bring me a deeper understanding and an overall peace and calm.

[Download to continue reading...](#)

How to Expand Love: Widening the Circle of Loving Relationships
Widening the Circle: Experiments in Christian Discipleship
A Widening Field
Widening Circles: A Memoir
Amish Circle Letters II: The Second Circle of Letters: Contains An Amish Spring, An Amish Summer, An Amish Autumn, and An Amish Winter
Circle Series 4-in-1 (The Circle Series)
Loving Frank (Random House Reader's Circle Deluxe Reading Group Edition): A Novel
Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)
Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)
The Jesus Creed for Students: Loving God, Loving Others
Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series)
The Jesus Creed: Loving God, Loving Others
Jesus Creed: Loving God, Loving Others
Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection)
How to Be an Adult in Relationships: The Five Keys to Mindful Loving
Your Spiritual Heart: Access the wisdom that manifests your heart's desire the right job, flow of wealth, loving relationships even enlightenment
A Loving Life: In a World of Broken Relationships
Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond
The Yoga of Relationships: A Practical Guide for Loving Yourself and Others
Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)